



May 11, 2009

To: Members of the Junior Men's Coaching Community
From: Dennis McIntyre, Men's Program Director
Re: 2009 Future Stars Update #1

For 2009 the Future Stars Program will be making only one substantial change and that is to officially add trampoline as a Future Stars evaluation event. The Junior National Coaching Staff (JNS) understands that there is some concern from the community about the requirement of trampoline. While the JNS still firmly believes that the inclusion of trampoline in regular training for all junior athletes is critical for success in men's gymnastics, the staff also understands the need to provide options as we continue to integrate trampoline more completely into our program.

With this goal in mind, the trampoline routines for the 2009 Future Stars program will appear as four different routines. Each routine has a separate start value and each Future Stars age group can perform any of the four routines for competition at either the Regional Evaluation or the National Championships. The new routines, their maximum start value and performance criteria are provided as part of this update.

In addition, trampoline will be used in the 2009 Future Stars Regional Evaluation and National Championships as follows:

- Athletes in the 10, 11 and 12 year old age divisions will be required to perform one of the four Future Stars trampoline routines at the Regional Evaluation in order to qualify to the Future Stars Nationals Championships. Athletes may perform the routine of their choice. Each routine has a specified start value.
- Athletes in the 8 and 9 year old divisions are strongly encouraged to participate and perform one of the four Future Stars trampoline routines at the Regional Evaluation, but are not required to do so.
- Athletes will receive a score at the Regional Evaluation, but this score will not be added to or count toward the qualification to the National Future Stars Championships.
- Athletes in the 10, 11 and 12 year old age divisions will perform one of the four Future Stars trampoline routines for score at the Future Stars Nationals Championships and that score will be added to their final all around score which will be used to select members of the 2009 – 2010 Future Stars National Development Team.

A video of the Future Stars trampoline routines is being prepared and will be posted on the men's page of the USA Gymnastics web site shortly.

Otherwise all published routines are still valid unless a change is noted in this document. The scoring system will not change for this season either. This will be important to remember as the routines will still be scored with a 10 point maximum and the table of deductions will remain 0.1, 0.2, 0.3, and 0.5.

For the 2009 Future Stars Season the routines you need, with the exception of the trampoline routines appearing in this update, are contained in the "2009-2012 USA Gymnastics Junior National Team and Future Stars Program" which is part of the Age Group Competition Program materials. This document is also available through our password protected download area accessible at the following link:

http://www.usa-gymnastics.org/men/pages/fs_routines.php

The username and password are available through your State and / or Regional Chairman.

Qualifying Scores for the 2009 Future Stars Championships:

- 10 Year Old Division: 75.00
- 11 Year Old Division: 76.00
- 12 Year Old Division 72.00
- Required score at the Future Stars Championships for a 10 year old to qualify to compete at Level 9 in the 2009 – 2010 Age Group Competition Program is 81.00. Trampoline will not count toward Level 9 qualification for 2009.

Rule Clarifications:

Vault:

- For the 10 year old division, Yurchenko vault, change the statement concerning the height of the stacked mats to:

This vault is to be done using stacked mats or spotting blocks to substitute for the vaulting table. The mats should be stacked a minimum of knee high, but no higher than **head height** for the athlete **measured when the athlete is standing on the floor**. The landing will be done onto skill cushions stacked to the level of the blocking surface.

- For the 11 year old division, Yurchenko vault, change the statement concerning the height of the stacked mats to:

This vault is to be done using stacked mats or spotting blocks to substitute for the vaulting table. The mats should be stacked a minimum of waist high, but no higher than **head height** for the athlete **measured when the athlete is standing on the floor**. The landing will be done onto skill cushions stacked to the level of the blocking surface.

Trampoline Routines and Criteria

Athletes in the 10, 11 and 12 year old age divisions must perform one of the four Future Stars trampoline routines listed below. Athletes in the 8 and 9 year old divisions are strongly encouraged, but not required to perform a trampoline routine. Athletes may perform the routine of their choice and must declare the routine to the head judge before starting. Each routine has a specified start value and all are eligible for up to 0.3 in virtuosity bonus at the National Championships.

Note: A spotter is required at each corner of the trampoline for all routines. (4 spotters)

From a stand in the center of the trampoline, the gymnast should take up to 7 bounces and begin the routine.

	Routine A	Routine B	Routine C	Routine D
Reg.	SV = 8.3	SV = 9.0	SV= 9.5	SV = 10.0
Nat.	SV = 8.0	SV = 8.7	SV= 9.2	SV = 9.7
1	Back tuck	Back pike	3/4 Back pike	3/4 Back pike
2	Tuck jump	Pike jump	1/2 turn to stomach (cruise)	Cody tuck
3	Seat drop	Barani pike	Return to feet	Straddle jump
4	1/2 turn to seat drop	Tuck Jump	Pike jump	Barani pike
5	Return to feet	Back tuck	Back pike	Back pike
6	Straddle jump	Barani tuck	Barani pike	Barani straight
7	1/2 turn to Stomach	Straddle jump	Back straight	Back straight
8	Return to feet	Back straight	Barani straight	back tuck
9	Pike jump	3/4 Front straight	Tuck jump	3/4 Front straight
10	Front tuck to Straight bounce to absorb and stand	Ball out tuck to Straight bounce to absorb and stand	Back salto straight with full twist jump to Straight bounce to absorb and stand	Barani Ball out tuck to Straight bounce to absorb and stand

The trampoline evaluation will follow a combination of trampoline deductions as well as FIG Deductions used in Artistic Men's Gymnastics. The following are areas of evaluation that will be considered.

Table of Deductions	Small 0.1	Medium 0.2	Large 0.3	0.5
Being off center	X	X	X	
Lack of height	X	X	X	
Angle deductions	X	X	X	
Lack of Opening on Saltos	X	X	X	
Form deductions	X	X	X	
Unintended intermediate bounce, or added part				X
Omitted Part				1.0
Stop and restart routine from last completed part (may take up to 7 bounces to resume routine)				1.0

The Table of Deductions will be used to evaluate the following general performance criteria:

- Tuck or Pike Jump – complete extension at apex, arms straight at sides at apex, pike should show 90° body angle
- Full twist jump – arms straight at side at apex
- Front drop – Elbows and knees should be at 90° when stomach contacts the trampoline
- Back drop – Legs should be at vertical when the back contacts the trampoline
- Back or Front salto tuck – body should show extension at 45° above horizontal
- Back salto pike – 90° or less on pike, body should show extension at 45° above horizontal
- Back salto straight – Body line straight with arms at sides through vertical
- Back salto full twist straight – Should initiate salto before beginning twist (approx. 15° above horizontal or higher) and the twist should be completed by 15° beyond vertical.
- Front salto pike - body should show extension above horizontal
- Barani tuck – ½ turn completed at 45° above horizontal, body extension above horizontal
- Barani pike - 90° or less on pike, ½ turn completed at 45° above horizontal, body extension above horizontal
- Must show controlled landing – When absorbing the bounce on landing the feet should remain in contact with the trampoline bed.